

# CHICKEN PATE



Serves: 10  
Prep: 25mins  
Cook: 60 mins



Nutrition per serving:  
310 kcals      20g Fats  
3g Carbs      29g Protein

## INGREDIENTS:

- 2.2 lb. (1kg) chicken breast
- 2 eggs
- 3 tsp. dried tarragon
- 4 tbsp. (60ml) port
- 2 tsp. salt
- 5.2 oz. (150g) smoked bacon
- ¾ cup (75g) pistachios
- 1 duck breast, around 7 oz. (200g), sliced
- 2 cups (100g) semi-dried tomatoes

## PREPARATION:

- Preheat the oven to 300F (150C).
- Mince the chicken breasts in a food processor or high-speed blender. Mix the minced chicken breast with the eggs, tarragon, port and salt in a food processor until smooth.

- Line a bread tin with the slices of bacon.
- Spoon ¼ of the chicken mixture into the tin, and then spread the pistachios. Cover this with ¼ of the chicken mixture, and then place the duck on it. Cover again with ¼ of the chicken mixture and arrange the tomatoes on top. Finally cover with the rest of the chicken and fold the overhanging slices of bacon inside.
- Put the bread tin in a roasting dish halfway filled with water. Bake the pate for about 1 hour slightly below the middle of the oven.
- Remove from the oven and pour out the fat released from the pate. Leave to cool in the tin. This takes about 3½ hours.
- Finally, take out the pie on a board and cut into slices.

